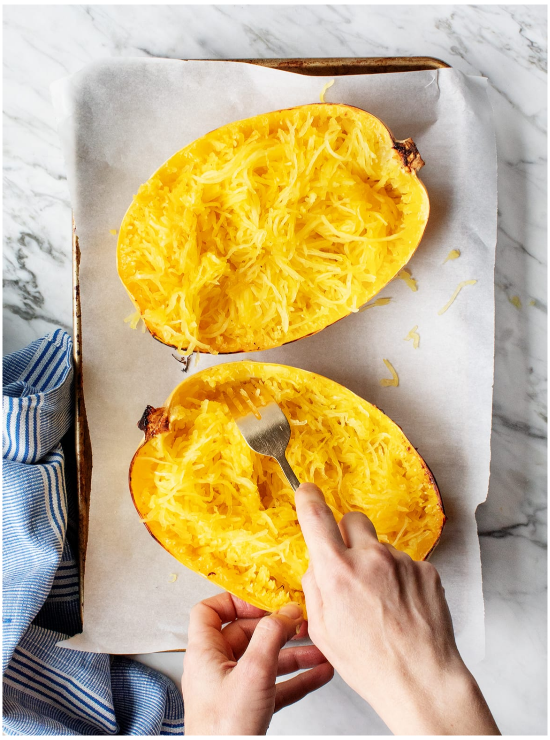
LOVE & LEMONS

# How to Cook Spaghetti Squash

Spaghetti squash is such a fun, underrated vegetable! Here is my favorite way to cook it, along with a few tips and recipes.

FALL / WINTER / HOW-TO



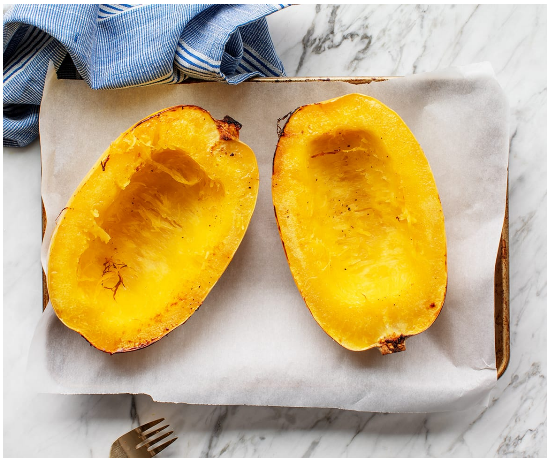
I get so many questions about how to cook spaghetti squash, so I thought I'd share my go-to method for roasting it, a few tips, and a couple of my favorite spaghetti squash recipes.

First things first: cut it in half lengthwise. Then, scoop out the seeds and roast it.

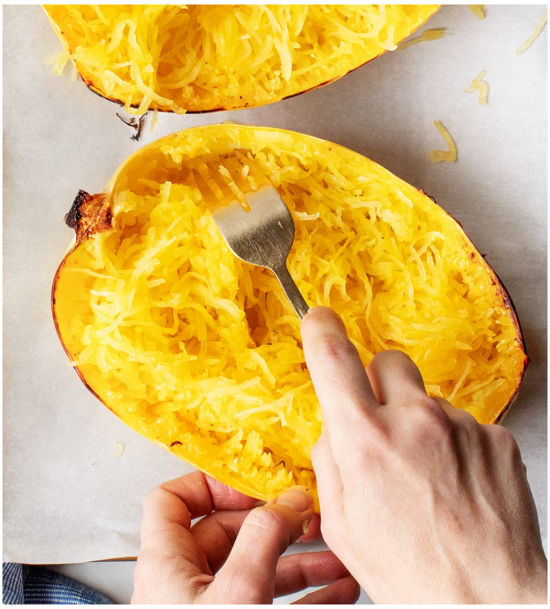
Next, drizzle the insides lightly with olive oil and sprinkle with salt and pepper. I find that adding too much oil and too much salt at this stage makes the squash a bit watery, so a light drizzle and a light sprinkle will do.

Then, poke a few holes in the skin of the squash with a fork and place it cut side down on a baking sheet. Pop it in a pre-heated 400°F oven.

A mistake I used to make was roasting my squash too long. I used to roast it for an hour or longer, but now I roast it for 30 to 40 minutes. I initially thought the squash needed to be super soft and fork tender in order for the strands to "spaghetti," but over the years I've learned that I prefer my strands to be more al dente (and less mushy), and that the 1 hour mark was too long. Of course, the timing will entirely depend on the size of your squash and the heat of your particular oven. It can also vary from squash to squash, so adjust your cooking time accordingly.



Once it's roasted and cool enough to touch, use a fork to scrape the strands. I like to start from the outside and work my way in, fluffing them up as I go.



That's it! Season it with more salt and pepper and serve it as a simple veggie side. Or incorporate it into your favorite spaghetti squash recipes. Here are two of mine (pictured below): **Spaghetti Squash with Chickpeas and Kale** and **Lemon Pesto Spaghetti Squash**.

### How to Cook Spaghetti Squash

★★★★★
5.0 from 19 reviews

Print

| Prep time | Cook time | Total time |
|---|---|---|
| 5 mins | 35 mins | 40 mins |

This is my go-to method for creating perfect al dente spaghetti squash strands to use in vegetable sides and main dishes. The exact timing will vary depending on the heat of your oven and the size of your squash.

Author: Jeanine Donofrio

Serves: 2 to 4

### Ingredients

- 1 spaghetti squash
- extra-virgin olive oil
- sea salt and freshly ground black pepper

### Instructions

1. Preheat the oven to 400°F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a litte bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.
4. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.

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**Sabrina** from newkitchenlife.com

*01.21.2019*

great walk through and tips, especially when spaghetti squash gets far less attention these days than zucchini, thank you

REPLY ↓

Esther Dave

*03.05.2019*

Great recipe and way to cook this. Thanks

REPLY ↓

Susanna

*01.22.2019*

Hi! Happy Tuesday! Do you know if this would work with any butternut squash? It's the softest squash I can find in Spain unfortunately. during autumn and winter I always have a big batch of roasted squash ready in the fridge to add to all sort of dishes, however it has never occured to me to try to make spaghetti with it! Was just curious to know if someone has already made the test!
I will give it a try this weekened and see what happens. worst that can happen is that I end up making puree with the squash. LOL

REPLY ↓

Jeanine Donofrio

*01.22.2019*

Hi Susanna, no it won't work with butternut squash, the strands are the texture of the spaghetti squash itself. Here are a bunch of my favorite butternut squash recipes though! https://www.loveandlemons.com/recipes/ingredient-butternut-squash/

REPLY ↓

susanna

*01.23.2019*

Too bad! I will keep on searching….. Each time I have travelled to the US I have searched for some restaurant that serves spaghetti squash but I have never been able to find it. It's one of those things that got me really curious. hehe
I love all your butternut squah recipes, anything that includes pasta is a favourite in our home
Have a great day!

REPLY ↓

Esther Dave

*03.05.2019*

You can check for each specific city on google perhaps squash is not in high demand.

REPLY ↓

Carol Maddox

*10.15.2019*

In Zanesville Ohio there are quite a few local restaurants that use local farm produce. Spaghetti squash is one. Really yummy

Viki

*03.12.2019*

Try going to Pappadeaux next time you're in the States… Georgia and Texas for sure.
They have a spaghetti squash with pesto sauce on it to die for! You'll love it.

REPLY ↓

B

*08.21.2019*

Absolutely agree!!!! Do you have some version of the recipe that you don't mind sharing? I can cook to taste if I knew what spices, etc. are used. Thanks

Jane

*10.07.2019*

I had spaghetti squash over spinach topped with seared Chilean sea bass and lobster with drawn butter at Pappadeaux. It was delish!

Terri

*06.05.2019*

Lone Star restaurant has spaghetti squash as a side in summer and fall. It is wonderful.

REPLY ↓

Melanie

*10.05.2019*

Thank you for the instructions. I'm trying spaghetti squash for the first time this week. I can't wait to try it!

Kathy P

*06.22.2019*

Longhorn Steak House has it on the menu occasionally. That's how I was first exposed to it. They use maple syrup on theirs and it was yummy!

REPLY ↓

Charlene

*03.30.2019*

I topped mine with stewed chicken two days ago, and I'm having it again with chicken and broccoli, in a garlic alfredo sauce. Thanks for introducing me to a new veggie!

REPLY ↓

Top chef21

*07.15.2019*

It's actually super delicious!!!! I was kind of skeptical about it as well until I made it new I can't eat it any other way….
⭐⭐⭐⭐⭐

REPLY ↓

**Taste of France** from francetaste.wordpress.com

*01.22.2019*

I agree with roasting rather than steaming if you want to use your spaghetti squash like spaghetti. I don't use oil–I just cut it in half, scoop out the seeds, place it cut-side down and give it a few stabs to make air vents. I don't worry about salt and pepper because there's usually enough in the sauce.
Also it's good if your sauce isn't too runny.
★★★★★

REPLY ↓

Willa

*01.22.2019*

I will add my favorite use of spagetti squash:
It is buffalo chicken spahetti squash. There are recipes readily available. Hot sauce, pieces of cooked chicken, green or regular onion, cut small. Some recipes add cheese and/or orcream cheese.

REPLY ↓

Susan

*01.22.2019*

I haven't done much with spaghetti squash in a long time, but one of the things I found early on, was that if I cooked it too long, the flavor turned bitter. I allays roasted it whole, for 1.5 hours, turning it halfway through – for a medium squash (probably 2-3 pounds). My favorite way to serve it has always been as a side, with garlic butter and parmesan.

REPLY ↓

**Claudia, My Little Bungalow** from mylittlebungalow.blogspot.com

*01.22.2019*

Perfect timing! I happen to have a spaghetti squash on my counter which has been there forever because I'm never sure what to do with it. Good thing squash keeps a long time.

REPLY ↓

**felicia** from felisrecipes.wordpress.com

*01.22.2019*

Awesome post!

I just had spaghetti squash for lunch today, topped with grilled paneer, dill and greek yogurt ▮
I can't eat chickpea, but I will give it a try with kale as well.
★★★★★

REPLY ↓

Sarah | Well and Full

*01.22.2019*

I usually microwave my spaghetti squash but I've been wanting to roast it! Thank you for this helpful guide ▮

REPLY ↓

Mary Myers

*01.23.2019*

Good ideas. I would love to try all of these recipes. can the spaghetti squash be steamed in a instant pot?
★★★★★

REPLY ↓

Elena

*01.29.2019*

I find that if I cut the squash in the opposite direction than you did (around its “equator”, rather than pole to pole haha), the strands are longer and more spaghetti-like and twirl-able. I never knew you could roast it cut-side down, which is a great tip, stability-wise!

REPLY ↓

Brenda Gutierrez

*05.02.2019*

I’m gonna try it this way ti see if I get longer strands 👍

REPLY ↓

Gillian

*05.20.2019*

Maybe I’m misunderstanding you, but I don’t think that’s how it would work. The strands grow lengthwise — that is, from stem to blossom — so cutting the squash in half the opposite way would cut all the strands in half and they’d come out shorter not longer. Nothing wrong with doing it that way, but for longer strands, I’d follow her original directions and cut lengthwise.

REPLY ↓

Gillian

*05.20.2019*

■ Ok, I take it all back. I put the squash in the oven and when I took it out to check with a fork to see if it was done— surprise, surprise! — the strands didn’t go stem to blossom! They went around the equator, just like you said. I stand SO corrected! Next time I’ll do it the other way too! 👍 ✚

REPLY ↓

Kathy English

*10.17.2019*

how do you get the long strands out when you cut around the middle instead on longways?

REPLY ↓

Rita

*02.01.2019*

Such a nice article… yummy food

REPLY ↓

Bo

*02.25.2019*

It is so easy to follow! My daughter loves it, I mixed it with fried rice lol, and she didn’t notice there is veggies.
⭐⭐⭐⭐⭐

REPLY ↓

Jeanine Donofrio

*03.01.2019*

Hi Bo, I’m so glad your family loved the squash ♥

REPLY ↓

Mary Vancura

*02.26.2019*

Is baking spaghetti squash in the oven a lot better than cooking it in a microwave?

REPLY ↓

Jeanine Donofrio

*03.01.2019*

Hi Mary, I personally think it has a better flavor and texture when cooked in the oven.

REPLY ↓

Jenelle

*02.28.2019*

Loved it !! Also added garlic salt to mines yum!!
⭐⭐⭐⭐⭐

REPLY ↓

Jeanine Donofrio

*03.01.2019*

Hi Jenelle, I'm so glad you loved the squash!

REPLY ↓

Nannette

*03.12.2019*

Thank you for the recipe. It was fast, easy, and delicious!
⭐⭐⭐⭐⭐

REPLY ↓

Andy Sebula

*03.13.2019*

Thanks use in place of pasta 👍
⭐⭐⭐⭐⭐

REPLY ↓

Tammy

*03.17.2019*

Thank you it has been a long time since I've cooked a spaghetti squash and I couldn't remember if I placed it cut side down or up not to mention the amount of time to cook it. I'm making pork chops with apples & onions and I thought it would be great with it . Thank you for the reminder of how to cook it.

REPLY ↓

Jeanine Donofrio

*03.22.2019*

Hi Tammy, I'm so happy this post was helpful!

REPLY ↓

Michelle Oliver

*03.27.2019*

Thank you for the recipe an I cook the squash ahead of time?

REPLY ↓

Stephen Studebaker

*03.29.2019*

Great recipe! This was my first time ever cooking a spaghetti squash and the directions were excellent and the photos even better. Hi served it with organic pasta sauce and mild Italian sausage browned and cut into meatball sized chunks. This is a five star recipe

REPLY ↓

Jeanine Donofrio

*03.31.2019*

Hi Stephen, I'm so glad you loved the spaghetti squash!

REPLY ↓

Eric

*04.20.2019*

Came across this recipe by googling "cook spaghetti squash." I roasted exactly as this recipe states, for 40 min. While it was cooling I chopped up all my leftover veggies (broccoli, asparagus, 2 leeks, and a handful of cherry tomatoes), mixed with olive oil. and put them under the broiler for 10 minutes. I mixed everything together after that and added salt and pepper. An amazing, healthy, vegan lunch for 2 with lots of leftovers! The al dente chew of the squash worked great in this dish. Thanks so much!

★★★★★

REPLY ↓

Jeanine Donofrio

*09.13.2019*

Hi Eric (apologies for my slow reply), I'm so glad you enjoyed it!!

REPLY ↓

Sarah

*04.30.2019*

I love spaghetti squash and this always is perfect when I make it…and the word squash is used so much I love it and laughed.

REPLY ↓

Nadine

*05.12.2019*

I just make reg. spaghetti with mine, with prego speg. sause onion, peppers, mushrooms, cooked hamburger, then I mix it all together put it in a glass dish and cook for 20 min. Then take it out of the oven add cheese motz put back in oven 20 min. again. Very good cook at 350 also make sure you roast speg. squash first and shred.

★★★★★

REPLY ↓

Tom

*05.18.2019*

Thank you do much for this. I had gastric surgery so I cannot eat regular noodles and I have been craving spaghetti. This recipe has saved me.

★★★★★

REPLY ↓

Brenda

*06.06.2019*

I am getting ready to make spaghetti squash lasagna that someone posted from my gastric sleeve site. But they didn't say how to make the spaghetti squash. Glad I found your recipe it was easy to follow and very good!

★★★★★

REPLY ↓

Jeanine Donofrio

*06.07.2019*

Hi Brenda, I'm so glad the recipe was easy to follow!

REPLY ↓

chris

*06.09.2019*

I will get back to you when it is served and eaten by myself and others. Thanks, I hope.

REPLY ↓

Shara

*06.11.2019*

I really enjoyed this recipe, though 15 minutes later I found out I'm allergic. It was still delicious.

REPLY ↓

**Stella** from swa,uonbi.ac.ke

*06.19.2019*

I am not a fun of squash but I have to try this looks delicious and also easy to prep..ill definitely come back and give my reviews

REPLY ↓

Mrs. Williamz

*06.30.2019*

Super easy and Delicious! I made mine nicely for the first time. Im so thankful you shared this and you're right! It's super underrated!! But won't be in my household any more. Xoxo

★★★★★

REPLY ↓

Jeanine Donofrio

*07.10.2019*

I'm so glad you enjoyed the spaghetti squash!

REPLY ↓

Anita

*07.01.2019*

Yes 40 min is enough. It is 95 degrees today so I roasted it on he grill outside. Came out perfect.

REPLY ↓

**Jeanine Donofrio**

*07.10.2019*

Ooh, I love the idea of grilling it – I'm glad you enjoyed!

REPLY ↓

**Monica Windham**

*07.01.2019*

I just made this. First time ever. Was a huge success and so delicious! Thank you!!!
★★★★★

REPLY ↓

**Jeanine Donofrio**

*07.10.2019*

I'm so glad you loved it!

REPLY ↓

**Sheila D.**

*07.05.2019*

Thanks for your step by step instructions. I followed them, after I put my squash in the microwave for a few minutes ,so I could slice it. I flavored it like you instructed. I left it in for 35 minutes, @ 400 degrees. Then, butter and Mrs. Dash. That's the way I like it. Just right for me. Thanks, again!

REPLY ↓

**Jeanine Donofrio**

*09.13.2019*

Hi Sheila, I'm so glad you enjoyed it!

REPLY ↓

**Mike**

*07.16.2019*

Makes me want to get one for dinner tonight.
★★★★★

REPLY ↓

**Tammy**

*07.18.2019*

Best roasted spaghetti squash recipe I've found!!
★★★★★

REPLY ↓

**Jeanine Donofrio**

*07.19.2019*

I'm so glad you enjoyed it!

REPLY ↓

**Shirley**

*07.26.2019*

My husband and I love spaghetti squash. He especially enjoys it as taco boats. After I roast and shred the squash, I spoon cooked seasoned taco beef over the top, diced green onions, and shredded cheese. Five more minutes in the oven and it's done – Yum!

★★★★★

REPLY ↓

Jeanine Donofrio

*09.13.2019*

Ooh, I love the taco boat idea, thanks for the tip!!

REPLY ↓

Joshua Howard

*08.03.2019*

Thank you for sharing the recipe! I've never tried to cook it before. I have two questions. How many calories are there? Can it be made oil-free?

REPLY ↓

Jeanine Donofrio

*09.13.2019*

You can make it oil-free if you'd like. Spaghetti squash has about 31 calories per cup – super healthy!

REPLY ↓

Leigh Oglesby

*08.24.2019*

How long do I roast the seeds

REPLY ↓

Mackenzie

*08.28.2019*

15 to 20 minutes ■

REPLY ↓

-Stephanie

*09.02.2019*

I bought my spaghetti squash at a farmer's stand last week and have been looking at a lot of recipes! I decided on yours, not only because of your thoughtful methods, but the comments helped too! I put my left over homemade spaghetti sauce with it, beautiful! Thank you!

REPLY ↓

Jeanine Donofrio

*09.13.2019*

Hi Stephanie, I'm so glad the method was helpful!

REPLY ↓

Laura

*09.05.2019*

I cook the spaghetti squash, then, after I fork it out, I squeeze out all of the water. I then mix it with one egg and about 1/2 cup Parmesan cheese. Place about 1/2 cup of the mixture in a preheated waffle iron. After it is cooked, you can top it with anything you want. Sometimes I top it with barbecue chicken. I also make grilled cheese with spaghetti squash. Make two waffles, then place slices of your favorite cheese on top of one waffle, top it with the other one and place it back in the waffle iron until the cheese is melted. It is fantastic!

★★★★★

REPLY ↓

Jeanine Donofrio

*09.13.2019*

Wow, I would have never thought to waffle spaghetti squash! That's so clever, thank you for the tip!!

REPLY ↓

Debbie Gall

*09.17.2019*

First time trying spaghetti squash. I had to throw one away left out too long. Wish me luck this comes out good.

REPLY ↓

Kim

*10.02.2019*

Thanks for the easy steps to follow. Your recipes look so fresh and yummy. I will definitely have to try some!

REPLY ↓

SuziQ

*10.05.2019*

Can I cook this ahead and refrigerate? Using it later in the day or the next week? I've got my first spaghetti squash sitting on my counter now trying to decide what to do with it.

REPLY ↓

Jeanine Donofrio

*10.05.2019*

Hi Suzi, yep, you can. Let it cool before storing in an airtight glass container in the fridge. You can reheat it as you're ready to eat over the next few days, I also enjoy it cold, tossed into salads.

REPLY ↓

SuziQ

*10.05.2019*

Thank you for the quick reply — it's sitting on the counter now! So easy and yummy. Looking forward to trying it on my husband without him knowing what it is — think I'll tell him it's low-cal spaghetti!
⭐⭐⭐⭐⭐

REPLY ↓

Jeanine Donofrio

*10.06.2019*

I hope you both enjoyed it

REPLY ↓

Nancy Knight

*10.07.2019*

I really enjoyed this healthy alternative! The instructions were very easy to follow!

REPLY ↓

Nicole

*10.10.2019*

Yum everything looks heavenly

REPLY ↓

Linda Longo

*10.12.2019*

Bless you such an easy way to cook this I was anguishing over what to do as I never cook the spaghetti squash before I'm being a diabetic I'm always looking for low-carb vegetables this was very quick and very tasty thanks very much

REPLY ↓

Jeanine Donofrio

*10.18.2019*

Hi Linda, I'm so glad you enjoyed the recipe.

REPLY ↓

**Jesse S.** from drjessesantiano.com

*10.16.2019*

I prepared the spaghetti squash precisely as you said, and my wife, who said that she does not like spaghetti squash before, is now a convert. Thank you very much.

REPLY ↓

Jeanine Donofrio

*10.18.2019*

Hi Jesse, I'm so glad you both loved the squash!

REPLY ↓

Hazel Brown-Thornton

*10.17.2019*

Trying to cook Spagetti Squash now, thank for the recipe. First time cooking it!

REPLY ↓

Jeanine Donofrio

*10.18.2019*

you're welcome, I hope you enjoy it!

REPLY ↓

Syril Whitlock

*10.17.2019*

Thanks

REPLY ↓

Mary

*10.22.2019*

You forgot to mention that you need a machete to cut these things.

REPLY ↓

Jeanine Donofrio

*10.22.2019*

Hi Mary, if you warm it in the oven (or the microwave) for a little bit, you can soften it which makes it easier to cut in half.

REPLY ↓